

The Kitchen Cabinet

ONE of the most valuable qualities of the housekeeper is an accurate sense of the proper amount of material to order or to prepare for a given meal. This sense of quantity is the basis of successful catering, professional or domestic.

—Janet M. Hill.

SANDWICHES.

When there are several slices of fresh bread left from a meal, it is often wiser to make them into sandwiches at once and serve them the same day than put them in the bread box and overlook them until dry. Sandwiches will keep fresh and palatable if put into a dish and covered with a damp cloth, and a plate to keep in the moisture. Many little dainty bits may be used to fill these sandwiches.

Cooked chicken livers chopped and mixed with melted butter, a little lemon juice, cayenne, salt and chopped olives. This filling is good without olives and resembles pate de foie gras. Moistened flaked smoked white fish with butter, acid chopped pickles, season with mustard paste and a dash of cayenne; used as a filling for white bread sandwiches.

Another—Finely minced salmon and cucumber mixed with salad dressing.

Finely minced celery and chopped peanuts mixed with salad dressing.

Sardine Sandwiches—Remove the skin and bones from sardines, mash them to a paste with hard-cooked egg yolk; season with salt, pepper and a little lemon juice.

Cheese Sandwiches—Equal quantities of grated cheese and butter creamed together. Spread on bread and sprinkle with minced water cress.

Mix together chopped nuts, and raisins and a little lemon juice. Heat through, let cool and spread on graham crackers. Press together lightly and put into a moderate oven to crisp.

Orange marmalade makes nice filling for sandwiches.

Cream cheese and chopped cherries is another good filling.



LEFT-OVER FISH.

Cold cooked fish may be served in as acceptable a dish as it was in the fresh state. Any bits of fish in too small quantities to use alone are an addition to a salad of potato or other vegetable salads.

Mock Lobster—Melt a tablespoonful of butter in a saucepan or chafing dish, add a cup of stewed tomatoes, one and a half cups of fish shredded, two tablespoonfuls of crumbs, a tablespoonful of butter, salt, paprika and a little Worcestershire sauce.

Baked Fish in Pepper Cases—Carefully remove the skin and bones from any baked fish and season with salt, pepper and onion juice. Mix with an equal quantity of left-over stuffing, or coarse crumbs, moistened with butter. The mixture should be quite moist. If not, add a little milk. Cut lengthwise as many sweet green peppers as needed, remove the seeds, parboil five minutes and fill with the fish. Put into a baking pan, surround with hot water or fish stock and cook until the cases are soft but not broken.

Fish Loaf—Flake the remnants of any baked fish. To two cups of fish add one cup of the stuffing, or one cup of bread crumbs moistened with melted butter and one beaten egg. Season with salt, pepper and parsley or minced pickle. Turn into a buttered mold, place in hot water and cook in a moderate oven for half an hour. Unmold on a hot platter and serve with a white sauce, adding a few cooked peas or two hard-cooked eggs chopped.

Fish and mushrooms is a combination liked by many.

Fish hash and fish balls are other dishes which may easily be prepared from cold fish.



Life is a mirror of king and slave
 'Tis just what we are and do,
 Then give to the world the best you have,
 And the best will come back to you.

A FEW USES FOR LEFTOVER FRUIT.

Ripe fruit is so perishable that a large supply should never be bought. An orange that shows signs of softening is not fit for food. It should never be canned or preserved. Perfectly fresh fruit is the only safe kind to can.

If there is a small dish of canned fruit with juice, rub the fruit through a sieve, thicken with cornstarch and sweeten if necessary, and use as a sauce for puddings.

Bits of fruit, either fresh or canned, if put through a sieve may be added

to ice cream when partly frozen, or poured over it as a sauce when it is served.

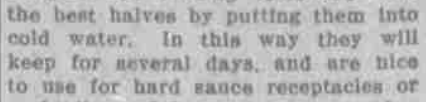
A small amount of fruit may be stirred into muffins or small cakes before baking. Often fresh fruit, if a small quantity, is allowed to spoil because there is not enough to go around. Two or more kinds may be mixed together very acceptably as a salad or fruit to serve as a dessert with cake.

Fruit Whip—Put a little crushed sweetened fruit in lemonade glasses, fill up with sweetened whipped cream and serve as an evening dessert with light cakes.

Emergency Salad—Cut a few bits of cheese into neat cubes; chop six or eight olives. Break a few English walnut meats in pieces, a few grapes, seeds and skins removed; a banana and orange, a sour pickle cut in thin slices. Mix all together and fill apple cups. Cut the stem end off carefully, scoop out the pulp and fill with the salad after mixing with mayonnaise dressing. Put on the lid and serve on a paper doily covered plate.

Lemon Cups for Dressings or Cocktails—When making lemonade save the best halves by putting them into cold water. In this way they will keep for several days, and are nice to use for hard sauce receptacles or cocktails or fish sauces; any number of ways may be thought of to use them.

Lemons may be prepared into lemon sirup and kept indefinitely and are always ready for a quick, cold drink. To a cup of water add a half cup of sugar and a cup of lemon juice; boil for ten minutes and bottle for use. Keep in a cool place.



IN ORDER to live efficiently, we must keep ourselves physically refreshed and mentally poised. The struggle for mere possession of objects should not master completely our time and strength. The daily routine of work may be our immediate interest, but it is not the goal, for all work, play, rest and hospitality should combine to make of the home a suitable fortress, of strength to the community, standing for wholesome living, clean ideals and unselfish public service.

MAKING HOUSEKEEPING EASIER.

Have plain woodwork when it is given you to choose.

Woodwork finished with a good varnish may be cleaned easily with a damp cloth.

Have the work table covered with zinc and save scrubbing.

Varnish the shelves after a coat of oil, and they will clean as easily as tiling.

Keep plenty of soft paper to wipe out greasy dishes, pots, and pans, and save the dish washing.

Keep a bundle of newspapers handy to set soiled and smoky pans on.

A window shade fastened to a set of open shelves makes a fine curtain to keep out the dust.

Use a mop with a large dust-cloth and save stooping in dusting floors.

Plan the meals a week ahead, at least, and save unnecessary friction.

The areas of travel in the home should be covered with rugs; light ones, easy to dust and clean.

Rubber heels are a great saving of both floors and nerves; yours and others.

The nervous system pays toll alike for jarring sights and sounds.

When ironing, place a folded rug or piece of carpet to stand on. The amount of ease this will give the feet has only to be tried to be appreciated.

A rug should not extend under the bed, as this complicates cleaning.

Small rugs are best for a bedroom, one before the dresser, washstand and bed are necessary.

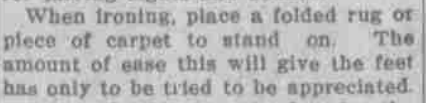
Eliminate many of the rocking chairs from the living room and have more room to move about.

Get rid of tufted and cushioned furniture as soon as possible. Dust is the greatest friend of diseases and much of dust lingers in upholstered furniture.

Aside from ventilation, windows are made to look out of and for light to look in. Do not load them with heavy hangings.

Much of the so-called china on plate racks catching dust would look better in a closed closet.

The decorations of the walls in the dining-room are usually considered sufficient ornament.



HELLIE MAXWELL.

Man's Affections.

In a recent case in which the question of affection was an important issue, a judge spoke wisely as a philosopher. "A man's affection for a woman," said the modern Solomon, "is shown by his willingness to take trouble in her behalf, to do little services for her, to do with a willing hand that which a man not in love would deem tiresome, troublesome and disquieting."

What It Was.

"He seems to possess a great deal of personal magnetism."

"That isn't personal magnetism."

"What do you call it?"

"Merely a willingness to have the waiter hand him all the checks."

NEWS for the YOUNG PEOPLE

AMPLE MEAL FOR A PYTHON

Full-Sized Goat Is Swallowed In Two Efforts, Time Occupying Space of About 15 Minutes.

Probably the finest zoological specimens of Borneo creatures ever brought together in Sandakan are now to be seen at the hotel, says the British North Borneo Herald. They consist of a magnificent specimen of the tiger, four orang-utans, all thoroughly



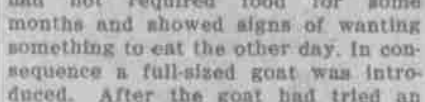
A Bulge in His Middle.

docile and healthy, and last but not least a 28-foot python. This latter had not required food for some months and showed signs of wanting something to eat the other day. In consequence a full-sized goat was introduced. After the goat had tried an ineffectual "butt" the python caught him by the muzzle, and in one moment had enveloped him in his coils, killing him instantly. The python then proceeded to swallow him whole, which occupied, in two efforts, about a quarter of an hour. When we saw the python a few hours after his orpy, there was a sort of leery smile on his face and a bulge in his middle which must have measured over four feet round. The animals are the property of Dr. Herzog, who is taking them home to Europe.

CAT HAS FONDNESS FOR EGGS

Big, Fat, Lazy Fellow Detected in Act of Tearing Open Bag and Stealing Hen Fruit.

The owner of a clever cat writes to our Dumb Animals that the pet, "a great, fat, lazy, good natured fellow," has a fondness for eggs. Sir Tom was detected in the kitchen recently on a table watching an unopened bag of eggs. "Stepping back noiselessly," writes the owner, "we saw him cautiously tear the bag with his teeth and claws, stopping every little bit to listen. Finally the opening was large enough for him to get out an egg by gentle little pats. He held the egg in his mouth, jumped to the floor, rolled his prize about gently until he got it into position, and then bumped



to see who would get the most, and the proud possessor of one roller skate came out ahead in the scramble, says the New York Sun.

Seizing an orange crate, he strapped his skate to one of the bottom slats and, filling the crate with wood, rolled it away on the four wheels of the skate, while others were left to drag or carry their smaller loads.

SECRET OF COLORED FLOWER

Green Carnations and Pink Lilies Made So by Immersing Stems in Aniline Solutions.

At a recent flower show spectators were astonished at the sight of odd-colored flowers—green carnations, pink lilies of the valley, deep scarlet narcissi and other flowers just as remarkable. The coloring was beautifully delicate and soft, and for a time every one supposed that some clever gardener would make his fortune from the discovery of these new and marvelous varieties of flowers. As a matter of fact, the coloring of the flowers was so simply done that nearly any clever boy or girl could do it with success. The whole secret lies in immersing the stems of the fresh cut flowers in various kinds of aniline solutions.

Aniline scarlet dissolved in water to about the transparency of claret has a very rapid action on flowers, coloring them pink and scarlet. Indigo carmine produces beautiful blue tints. The two combined give various shades of purple, with curious mottled effects, some parts of the flowers becoming pink and other parts blue and purple. Greens are produced by using the blue dye with yellow. Lily of the valley flowers became beautifully tinged with pink or blue in six hours; narcissi are changed from pure white to deep scarlet in 12 hours, and delicate shades of pink are imparted to them in a very short time. Yellow daffodils are beautifully striped with dark scarlet in 12 hours.

Moreover it is extremely interesting to watch the color creep into the pure white of the flower petals one by one, until they become a rich blue or pink or scarlet.

Jar or Jug.

Frances, aged four, accompanied her mother to church and hearing the hymn, "Drops of Mercy, Can It Be the Gates Were Left Ajar for Me," tried to sing it after returning home. She sang: "Drops of Mercy, Tan It Be Ze Gates Were Left—then she stopped. 'Well, why don't you go out?' asked her mother. 'Tause,' was the reply, 'I forgett wewer it was a jar or a jug.'

Just Hooted.

"Ma," remarked the small boy, "isn't it funny that everybody calls little brother a bouncing baby?" "Why do you think it funny, William?" returned his mother. "Because when I dropped him off the porch this morning he didn't bounce a bit. He just hooted."

Same Old Spot.

Henpeck—"Now, listen to me, young man! If you ask another question I'll whip you, where you sit." Willie (brightly)—"That's where you always whip me, isn't it?"

GAME FOR RECESS AT SCHOOL

Twenty or Twenty-Five Boys and Girls May Participate in Pastime While Clasp Hands.

This game may be played at recess with as many as twenty or twenty-five girls and boys taking part in it. All of the players except three clasp hands and form a circle. Inside the ring is the orchard where the fox, one of the players, takes his place. The farmer, another one of the extra players, stands on the outside of the ring and calls to another player, who is outside the ring, saying: "Bruno, a fox is in the orchard." Then the fox runs from the circle beneath the players' uplifted hands. Bruno chases him, first entering the circle and then following just where the fox runs.

All through the game the dog, Bruno, must imitate everything that the fox does just as players in "follow their leader" imitate their leader. If the fox jumps up to touch the branch of a tree Bruno must imitate. Sometimes the fox does many stunts which amuse the ring players very much and which make it hard for the dog. If the dog does not follow he cannot go on with his part of the game, but must join the ring. Then the fox becomes dog and a new fox is chosen. When the dog captures the fox he becomes the fox for the new game and the fox goes into the ring. Then a new dog is chosen. When the ring is very large there may be two foxes with the circle and two dogs to chase them.

UNUSUAL RESOURCE OF BOY

Lad With One Roller Skate Attaches It to Box and Secures Bigger Load of Wood Than Others.

Small boys were collecting firewood, where it had been thrown out for them, at the side door of a large grocery establishment on upper Broadway. There was something of a rush



ROLLED IT AWAY.

sufficient space to slide it in (or out) through the end hinged door. When placed in the coop, it laid directly on the floor so that the chickens roosted rough strips of one by three inch stuff. The roost I constructed in one solid piece.

It was made so that there would be about three inches from the floor of the elevated coop. This arrangement would not do for the lighter breeds, which prefer higher roosting places.

The next step was to close in the front of the coop, which I did by using the pieces which had been removed from it.

About two-thirds of the front is boarded up high, the remainder being covered with a double thickness of common burlap. The door is left off during the greater part of the year, but

is necessary during the very cold weather.

Two box-seats and a small board (with strips) from the ground to the upper part of the coop completed the job.

The end of the nest facing the front was boarded up high, to give the hens the necessary seclusion.

When the coop was completed I raised the end door and laid an old newspaper on the floor, covering it very thickly with sand. On this I placed the roost, and the coop was ready for occupancy. To clean, it is simply necessary to take out and throw away the newspaper, and put in a fresh one, with more sand.

In summer, with one of these coops, it would be well to open a side door to afford sufficient ventilation, and it would be well to keep fewer birds in each pen. During the winter, in one of the "bird-cage" arrangements, we keep from five to seven large White Rock hens, with good results.

Bearing in mind that about six hens could ordinarily be kept in each coop, any one may tell, from the number of chickens he intends to keep, how the system can be extended to his needs.

Layers for Next Winter.

One great advantage of having early chicks is that you may have pullets ready to lay in the fall or early winter and thus have eggs when they are high in price. Eggs are dear now, and one could appreciate pullets that were setting out eggs.

Object of Scrubs.

Scrub poultry may serve a good purpose in the pot, but they should not be permitted to propagate their kind. Scrub hens should be mated to pure-bred males so that the breeding has an upward rather than a downward tendency.

POULTRY

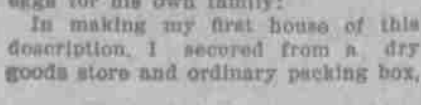
BOX COOP FOR SMALL FLOCK

Inexpensive Poultry House in Which Few Chickens May Be Kept With Minimum of Work.

(By T. H. VAN BENTHUYSEN.)

The following plan is recommended to any one who desires to keep a few fowls for the purpose of supplying eggs for his own family:

In making my first house of this description, I secured from a dry goods store and ordinary packing box,

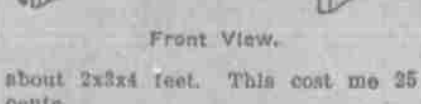


Front View.

about 2x3x4 feet. This cost me 25 cents.

The front, or top, was first taken off the case, and a section of one side extending its full width, was hinged so that easy access to the interior could be secured. Then the case was mounted on legs so that its bottom was about a foot and a half from the ground. Then boards were placed snugly around the rear and sides of the legs, from the bottom of the case to the ground.

The roost was next constructed, and for this small lengths of boards may be used. For the roost and legs I used what is termed "scantling," or



Interior View.

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BACKACHE NOT A DISEASE

But a Symptom, a Danger Signal Which Every Woman Should Heed.

Backache is a symptom of organic weakness or derangement. If you have backache don't neglect it. To get permanent relief you must reach the root of the trouble. Read about Mrs. Woodall's experience.

Morton's Gap, Kentucky.—"I suffered two years with female disorders, my health was very bad and I had a continual backache which was simply awful. I could not stand on my feet long enough to cook a meal's victuals without my back nearly killing me, and I would have such dragging sensations I could hardly bear it. I had sore-



ness in each side, could not stand tight clothing, and was irregular. I was completely run down. On advice I took Lydia E. Pinkham's Vegetable Compound and am enjoying good health. It is now more than two years and I have not had an ache or pain since. I do all my own work, washing and everything, and I have backache any more. I think your medicine is grand and I praise it to all my neighbors. If you think my testimony will help others you may publish it."—Mrs. OLIVE WOODALL, Morton's Gap, Kentucky.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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